WebMD Healthy Shopping Guide & List

Cholesterol and Blood Sugar Helpers

Some foods rich in soluble fiber and/or plant sterols can help lower blood cholesterol levels, enhance digestive health and minimize the rise in blood sugar levels after a meal (good for diabetics).

Antioxidant Rich

Antioxidants help to prevent and repair damage done by free radicals in the environment. A diet rich in antioxidants may also enhance immunity and lower the risk of cancer. Antioxidants include some vitamins,minerals and flavonoids.

High Fiber

There are two kinds of fiber, soluble and insoluble, both are important for a healthy digestive system. Additionally, insoluble fiber adds bulk to the diet which is helpful for weight control. A diet high in both fibers can reduce the risk of heart disease and diabetes.

Low Sodium

Eating foods high in sodium may cause high blood pressure. Lower your consumption of high sodium foods and eat foods rich in potassium for good health. Most processed foods use sodium so if you stick to whole, less processed foods, you will naturally lower the sodium in your diet.

High Energy Foods

The best choices for energizing foods are ones that are rich in carbohydrates. Put these foods together along with low fat protein and high fiber foods for energy throughout the day.

Best To Buy Organic

The nonprofit Environmental Working Group says these 12 are among the most susceptible to pesticide residue, and thus most profitable to buy organic.

CHOLESTEROL & BLOOD SUGAR HELPERS

- ○ vegetables
- ○ fruits
- ○ whole grains
- ○ beans
- ○ nuts
- ○ seeds

FOODS ENRICHED WITH PLANT STEROLS

- ○ orange juice
- ○ yogurts
- ○ margarines
- ○ cereal
- ○ granola bars
- ○ chocolate

OMEGA 3 FATTY ACID RICH FOODS

- ○ salmon
- ○ lake trout
- ○ mackerel
- ○ sardines
- ○ albacore tuna
- ○ walnuts
- ○ flaxseed
- ○ canola oil
- ○ soy beans
- ○ cereals
- ○ omega-3 fortified foods

BEST TO BUY ORGANIC

- ○ celery
- ○ lettuce
- ○ potatoes
- ○ spinach
- ○ sweet bell peppers
- ○ apples
- ○ cherries
- ○ grapes (imported)
- ○ peaches
- ○ pears
- ○ nectarines
- ○ strawberries

ANTIOXIDANT RICH

- ○ artichokes
- ○ russet potatoes
- ○ apples
- ○ blueberries
- ○ blackberries
- ○ cherries
- ○ cranberries
- ○ raspberries
- ○ strawberries
- ○ plums
- ○ prunes
- ○ pecans
- ○ small red beans
- ○ red kidney beans
- ○ pinto beans
- ○ black beans
- ○ coffee
- ○ red wine
- ○ tea

HIGH FIBER

- ○ most vegetables
- ○ pears
- ○ mangoes
- ○ kiwi
- ○ plums
- ○ blackberries
- ○ raspberries
- ○ peaches
- ○ strawberries
- ○ apples
- ○ citrus fruits
- ○ dried fruits
- ○ nuts
- ○ seeds
- ○ dried peas
- ○ beans
- ○ lentils
- ○ whole grains
- ○ oatmeal
- ○ oat bran

HIGH POTASSIUM

- ○ mushrooms
- ○ peas
- ○ potatoes
- ○ spinach
- ○ sweet potatoes
- ○ tomatoes
- ○ bananas
- ○ grapefruit
- ○ oranges
- ○ beans
- ○ lentils
- ○ low fat or fat free dairy
- ○ raisins

HIGH ENERGY FOODS

- ○ 100% vegetable juices
- ○ sweet potatoes
- ○ tomatoes
- ○ 100% fruit juices
- ○ blueberries
- ○ cantaloupe
- ○ citrus fruit
- ○ mango
- ○ strawberries
- ○ most whole fruits
- ○ dried fruits
- ○ nuts
- ○ beans
- ○ low fat dairy products
- ○ whole grains

OTHER ITEMS

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SOURCE: Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD. Reviewed on November 26, 2008.

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